



Legal Lead Story: Car Law

Americans love their vehicles and spend much time and money on purchasing them, maintaining them, and repairing them. This month's legal lead story is on legal issues related to cars and other vehicles. On my updated website you can learn what to do in the event of a motor vehicle accident and read about North Carolina law relating to your rights when your vehicle is to be repaired. I have also provided some tips on protecting yourself when you purchase a used vehicle.

Instead of taking the time to reprint the information here, I ask that you [go](#) to the following URL to review the Car Law information on my website: http://www.oneallawoffice.com/carlaw_primer---Webcontent.pdf. If you have questions about a particular situation, contact me at your convenience. As always, I hope you find the information helpful. Happy reading. -OLO

Healthful Hints: Transfer From Trans Fats

Lately there has been a lot of discussion about trans fats. Trans fat is a type of fat found in partially hydrogenated vegetable oils, a common ingredient in many prepared snacks and baked goods. Trans fat increases product shelf life and reduces the need for refrigeration but there is no nutritional benefit in trans fats. Research shows that trans fats are now more dangerous than the fats they were created to replace. Excessive intake of trans fat seriously increases your risk of coronary heart disease.

Trans fats have been part of our diet for decades but now there is a huge push to reduce their use. New York City and Philadelphia have led the way in sharply limiting the use of trans fat in restaurant food. Several large restaurant and fast-food chains have switched to trans fat-free cooking oils in their kitchens. Many foods in your local grocery store now tout that they are trans fat-free.

To cut back on your consumption of trans fats, reduce your consumption of baked and fried goods such as French fries, shortenings, doughnuts, cookies, candy bars, and cakes. Opt for "good fats" such as monounsaturated fats (ex: olive oil, most nuts), polyunsaturated fats (ex: vegetable oils), and omega-3 fatty acids (ex: salmon, tuna, herring, walnuts). Your heart will thank you immensely for your newfound changes. -OLO



Keep It or Kiss It Goodbye?

As you do your periodic housecleaning, you will inevitably run across an item that you have had for several years. Every product has a “life span” which is essentially a point and time where it is more cost-effective to replace than repair the product. This life span is based on factors such as the cost of repairs and the rate at which the product’s features and quality are improved by manufacturers. Here is the general “life span” on some items, according to the October 2005 edition of Consumer Reports magazine:

Desktop computer:	5 years	Upright vacuum cleaner:	6 years
Laptop computer:	4 years	Canister vacuum cleaner:	7 years
Flat panel TV:	5 years	Top-freezer refrigerator:	6 years
Clothes dryer:	6 years	Digital camcorder:	5 years

For more details, review the Consumer Reports article by visiting your local library or ordering a reprint from www.consumerreports.org. -OLO



Check these websites:

www.bodyforlife.com Great website with meal plans, nutrition information, sample workouts, motivational articles and other information to help you reach your fitness goals and maintain a healthy lifestyle.

www.city-data.com Provides census data plus other helpful statistics and information about cities and towns across the United States and the world. A great resource for people contemplating a move.

www.uncg.edu/alumni/index.html Website for the UNCG Alumni Association. UNCG is my college alma mater and a place to which I dedicate much of my time and energy. For those of you who are alumni but are not members of the Alumni Association, let’s talk. Your alma mater needs you.

NOTE: The information in this newsletter is not intended to be legal advice nor is it intended as a substitute for consultation with an attorney. Specific conditions always require consultation with the appropriate legal professionals.